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Cultural Competence and Race concordance in Athletic Training

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OBJECTIVE

To determine if cultural competence training, age, gender, or years of experience affects cultural competency levels in athletic trainers and if racially discordant athlete/provider relationships affect patient perceptions of their athletic trainer.

DESIGN AND SETTING

A nationwide cohort study utilizing an electronic survey. A survey was sent to athletic trainers in the college/university setting. Emails were obtained from the NATA. Sports Medicine Directors from NCAA and NAIA institutions were asked to forward an electronic survey onto athletes in their athletic programs.

PARTICIPANTS

Four hundred forty-seven (age: 32.21±9.05, 276 females, 170 males, 1 gender non-conforming) athletic trainers participated. Two hundred eighty (Age: 19.87±1.389, 187 females, 93 males) student athletes participated.

INTERVENTION

The athletic trainers completed a demographics section and a slightly modified Cultural Competence Assessment (CCA). The CCA consisted of 25 questions on a 5-point Likert scale (1 - Never to 5 - Always). Student athletes completed a demographic section followed by a slightly modified 10 item perceived similarities measure (PSM). Each question was scored on a 6-point Likert scale (6=very similar to 1= very different).

MAIN OUTCOME MEASUREMENTS

For the athletic trainer data set an ANOVA was conducted with the between subjects' factor cultural competence training (yes or no) and

the CCA score. A MANOVA was conducted with the between subjects' factor current gender (male, female, gender non-conforming) on the 25 individual CCA questions. Follow-up univariate analyses were conducted if the overall multivariate ANOVA was significant. Additionally, age and years of experience practicing was explored via Spearman's correlations on the CCA. For the athlete data set, a MANOVA was conducted with the between subject's factor race concordance (yes or no) and the 10 perceived similarities questions. Alpha level was set at 0.05 for all analyses.

RESULTS

Athletic trainers who received cultural competence training scored significantly higher (92.689 ± 12.677) than those who did not (85.566 ± 13.683), $F_{(1,445)} = 24.572$, $p < 0.001$, $1-\beta = 0.999$, $\eta^2 = 0.052$. Female athletic trainers (93.493 ± 12.527) who received cultural competence training scored significantly higher than males (86.923 ± 13.475), $F_{(2,444)} = 13.725$, $p < 0.001$, $1-\beta = 0.998$, $\eta^2 = 0.058$. Age and years of experience were not statistically significant ($p > 0.05$). Athletes that were in racially concordant relationships with their athletic trainers scored significantly higher on 5 of the 10 PSM questions than athletes in discordant relationships, $F_{(10,269)} = 50.102$, $p < 0.001$, $1-\beta = 0.99$, $\eta^2 = 0.651$.

CONCLUSION

Athletic trainers who received cultural competence training are more culturally competent. Athletic training education should have a comprehensive cultural competence component with diverse learning opportunities. Athletes in a race concordant

provider relationship perceive themselves to be more ethnically similar to their athletic trainers. A proposed solution is to recruit a

larger number of ethnically diverse athletic trainers and ensure that cultural competence training is comprehensive.

KEY WORDS: *Cultural Competence, Race Concordance, Perceived Similarities*